

# APPETITE-SUPPRESSING, LIPASE-INHIBITING HERBAL COMPOSITION

## Abstract

An herbal composition for suppressing appetite and inhibiting the formation of lipases contains water, about 30 to about 1000 mg of *Hoodia gordonii* per 1/4 ounce of water, and about 30 to about 1000 mg of *Cassia nomame* per 1/4 ounce of water. A serving of about 5 to about 15 cc of water may contain about 100 to about 300 mg of *Hoodia gordonii*, about 100 to about 300 mg of *Cassia nomame*, a sufficient amount of an acid, such as citric acid, to lower the pH below about 4.5, about 50 to about 100 mg of a flavoring agent, about 1800 to about 2600 mg of a flavor enhancer, and about 0.004 to about 0.12 mg of menthol. A convenient sealable container for carrying the composition holds about 8 to about 16 ounces. To lose weight, at least one serving of the composition is drunk twice a day before eating.